



# 2011

## WINTER CLASSES

Try one of our exciting classes that allow you to get fit, try something new, gain education in something you know nothing about, start a new career, and polish your poise! Our prices are budget-friendly and our instructors are top notched!

Online registration is available.

Call us to find out how to get a USER ID and PASSWORD!

Please call (281) 403-8637 for more information or to have a registration form emailed to you. Don't wait! Class space is limited!

### EXERCISE CLASSES - GET FIT IN 2011!

#### **FIT FOR LIFE!**

##### **STEP AEROBICS & SENIOR AEROBICS**

**Instructor: Inge-Lise Braswell**

##### STEP AEROBICS

Monday thru Friday (every morning)  
8:30am - 9:30am Room 210  
Only \$64.00 per month!

##### SENIOR AEROBICS

Monday, Wednesday & Friday  
4:00pm - 5:00pm Room 210  
Only \$40.00 per month!



#### **EXOTIC AEROBICS**

A women's only class which offers a high energy dance and aerobic workout.

**Instructor: Edrina Newman  
(Lady of Essence)**

##### Tuesday & Thursday evenings

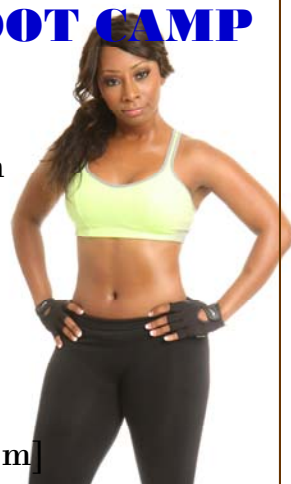
7:00pm - 8:30pm Room 210  
Only \$15.00/class; \$96/month

#### **FITNESS BOOT CAMP**

Reach your ultimate fitness goal through agility drills, strength training & more!

Mon & Wed 5-6pm  
Sat 9-10am

Community Center  
& Buffalo Run Park  
[Orientation Jan 3 5pm]



# PARKS & RECREATION

## DANCE



### LINE DANCING

Slide to the left, slide to the right,  
Shake it all around

**Instructor: Linda King**

Wednesdays  
10:00—11:00 a.m.

### BEGINNER CLOGGING

Come join in on one of the best forms  
of energetic/fitness  
dancing in town.

**Instructor: Linda King**

Wednesdays  
11:00 a.m.—12:00 noon  
\$20.00 per month



## IMAGE DEVELOPMENT

### CHARM & ETIQUETTE

A fun & interactive environment  
placing emphasis on three important  
benefits

- 1) Self Esteem**
- 2) Self Awareness**
- 3) Self Confidence** while learning  
correct posture, making first  
impressions, understanding body  
language, & common courtesies.

**Instructor: Dorris Irving**

Boys & Girls 5-7; 8-12; 13-18)  
Saturdays  
8 week sessions  
\$80 per month  
(sibling discounts available)

## BUILD YOUR SKILLS

### WORK PASS THE INTERVIEW

A modern approach to what you must  
go through to get to the other side.

Date & Time to be determined  
\$38.00

### THE JOB SEARCH IS A JOB

A comprehensive blueprint to help  
navigate the job market with  
necessary tools for getting interviews  
and receiving the job you want!

Date & Time to be determined  
\$38.00

**Instructor: Dorris Irving**

(Call 281 403 8637 if interested in either class)

## PERFORMING/MARTIAL ARTS

### KARATE

This year-round beginner to Black Belt program will teach techniques in the art, sport, self defense, self confidence and kidnapping awareness of American Karate.

Instructor: **Elizabeth Morgan & Bill Gray**

Thursday evening

Beginner Boys & Girls 5-12:

6:30pm-7:30pm

Teens & Adults 13 - 70:

7:30pm-8:30pm

Auditorium

\$45.00 per student, per session +  
\$30.00 uniform fee payable to the  
instructor

**BEGINS SEPTEMBER 23**

### FENCING

Instruction of basic fencing through advanced tactical techniques. Includes footwork, blade work, and bouting. Ages 8+

Instructor: **Manuel Rodriguez**

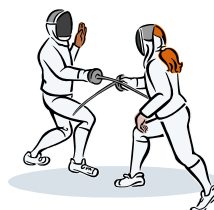
Monday & Wednesdays

6:00pm - 8:45pm

Monday: Auditorium

Wednesday: Room 210

\$70.00 per month,  
two days of instruction per week  
\$50.00 per month,  
one day of instruction per week



## PERFORMING/MARTIAL ARTS

### ASSOCIATION OF RENAISSANCE MARTIAL ARTS

Learn the ancient art of medieval sword fighting with highly trained instructors. Teens and above welcome!

Instructor: **Kyle Cook**

Wednesday evening

6:45pm - 8:45pm

Auditorium

\$24.00 for

four weeks



## EDUCATIONAL CLASSES

### MEDICAL CODING & BILLING

Would you like to work from home, start your own business, and/or increase your employment skills/salary?

**All classes are taught by an  
experienced Certified Professional  
Coder**

Instructor: **Debra Swisher**

Monday & Wednesday PM Classes

6pm-9pm

Tuesday & Thursday PM Classes

6pm-9pm

\$500.00 per person

**Begins: August 30 & 31**

Room 205



## WHAT ARE YOU WAITING FOR?

Download our registration form today at: [www.missouricitytx.gov](http://www.missouricitytx.gov)

- > Government
  - > Parks & Recreation
  - > Programs and Activities
- and get started today!

Please call (281) 403-8637 for more information or to have a registration form emailed to you.

**Don't wait!**

**Class space is limited!**

Classes open for both residents and non-residents



### **Parks & Recreation Department**

**1522 Texas Parkway  
Missouri City, TX 77489**

**[www.missouricitytx.gov](http://www.missouricitytx.gov)**

**(281) 403-8637**

**(281) 403-8500**

**(281) 261-4315 FAX**

## **SPECIAL EVENTS / PROGRAMS**

### **DAD & DAUGHTER DANCE**

**Saturday, February 12**

**6:00—9:00 pm**

Tickets available at The Community Center, Club Sienna, & First Colony Community Association.



### **SPRING CLEAN AND GREEN GARAGE SALE & E-RECYCLING EVENT**

**Saturday, March 26**



### **HOLIDAY CLOSINGS**

**Friday, Dec 23—Close @ 5:00 p.m.**

**Closed December 24—27**

**Closed December 31 & January 1**

**Closed January 17**

